



Little Pacers Youth Wrestling Club: Our program aims to meet each wrestler at their level of experience (whether they are new to the sport or training to be an OAC state champion), and develop their skill, understanding, and love of the sport. We value character, discipline, hard work, sportsmanship, and respect; we believe wrestling is a great vehicle to help instill those values into a child. The Little Pacers are led by head coaches Leo and Emmett Cain. Leo Cain coached the youth program back when Emmett was in youth and has been an integral part of Delaware Wrestling for many years. Emmett is a 2x State Qualifier recently graduating from Hayes in 2019. This year, high school and middle school coaches and athletes will be in attendance regularly to help out and assist in instruction.

First Practice/In Person sign-ups: November 2, 2021

***There will be no online registration this year. Registration will be 6-7pm 11/2/21 prior to first practice. Cash, Check or Venmo. Checks made out to Pacer Mat Backers.**

Practices for Little Pacers will be on Tuesdays and Thursdays from 7-8:30pm. We are not doing separate teams this year. We are running our sessions together with plans to differentiate as needed to meet the needs of ALL our athletes.

**Girls wrestling is the fastest growing sport in the country! Our high school girls team is one of the biggest teams in the entire state. We hope to have many girls join Little Pacers! We will be sure to designate space at practice for our girl athletes and keep them competing against only other girl athletes!*

***The cost for the Little Pacers Wrestling club is \$100 this season. Each athlete will be given a t-shirt/shorts. You will also have the opportunity to order additional gear through a team order. Those details will be given later on in the season.**

Competitions: Hellickson League (RHCOYWL) is Central Ohio's wrestling league for kids in Kindergarten through 6th grade. Competitions will be on Sundays. Other tournaments will be considered based on availability.

Covid Protocols: We will be following the Delaware City Schools Health and Safety guidelines for 2021-2022 season. Parents will not be allowed to remain in the building during practices unless you are assisting with practice. We will have wrestlers helping younger ones get to doors for pickup.

Contact Kevin Rieman at riemanke@delawarecityschools.net or 740-816-8326, Josh Lamb at lambjo@delawarecityschools.net or 419-733-2013, or cainta@delawarecityschools.net with questions or for additional information.



LITTLE PACERS

2021/2022 REGISTRATION FORM

Wrestler _____ Current Grade _____
Address _____ Approx. Weight _____
City, Zip _____ Age _____
School _____ DOB _____

Parents Names _____
Cell Phone Numbers _____

Emails _____

Emergency Contact _____ Phone _____
Medical Conditions _____

(Circle size)
Shirt Size- YS YM YL AS AM AL XL XXL XXXL
Shorts Size- YS YM YL AS AM AL XL XXL XXXL

We, the undersigned, understand that this club is not a school activity. In addition, we hereby state that we are aware that participation in all sports requires an acceptance of risk of possible injury. In giving our consent for our son/daughter to participate, we are aware that the risk of injury may be severe including risk of fractures, brain injuries, paralysis, or other severe complications. Additionally, we agree not to hold the participating school districts and coaching staff liable for any injury incurred by our son/daughter while in attendance at the club. The club sponsors do not provide medical or dental insurance for students injured in the club. We, the undersigned, do have insurance and accept full responsibility for any and all medical and/or dental expenses from any injury while he/she may suffer while taking part in the club.

Parent/Guardian Name _____

Parent/Guardian Signature _____

\$100 Paid

_____ Check ___ Cash ___ Venmo